

Hardy Pizza

Makes: 6 Servings

Ingredients

3/4 cup all-purpose flour
1/2 cup whole-wheat flour
1/2 teaspoon granulated sugar
1/4 teaspoon salt
3/4 teaspoon active-dry yeast
2 tablespoons olive oil
1/2 cup warm water (110°F)
1/2 teaspoon garlic, minced
14 1/2 ounces crushed tomato, canned
1/4 cup butternut squash puree
1/2 teaspoon basil, dried
3 ounces turkey pepperoni, quartered
2 cups mozzarella cheese, non-fat



Directions

1. Dough preparation: Place flours, sugar, salt, and yeast in a mixing bowl. Using a dough hook attachment, blend the ingredients for 3 to 5 minutes. Slowly add 1 T olive oil and warm water to the dry ingredients. Mix on high speed for 8 minutes.
2. Cover the dough with a towel and let the dough rise for 1.5 hours, or until has doubled in size. Stretch the dough out to fit into a full sheet pan. Let it rise 15 minutes. Bake at 400°F for about 5 minutes or until dough partially rises. Let it cool slightly before adding sauce.
3. Sauce: Pour oil in sauce pan or stock pot. Saute garlic in 1 T olive oil. Add the crushed tomato, squash, dried basil and Italian seasoning to the sauce. Cover and simmer on low for about 30 minutes.
4. Assemble: Add the sauce and mozzarella cheese to the pizza dough. Top with pepperoni.

5. Bake at 400°F for 15 to 20 minutes or until pizza is bubbly and cheese has melted. Internal temperature of the pizza should reach 165°F for 15 seconds.